

# JOSLYN ADULT CENTER

1301 West Olive Avenue 818.238.5353

Monday - Friday	8:00 a.m 8:00 p.m.
Saturday	9:00 a.m 4:00 p.m.
Sunday	10:00 a.m 4:00 p.m.

The Joslyn Adult Center provides opportunities for recreation, education, fitness, and cultural arts for those 55 and over. Our monthly and weekly program calendars, as well as our newsletter, "The Best of Times" are available online at www.burbankca.gov

# BENEFITS & ASSISTANCE **PROGRAMS**

The following benefits and assistance programs are available by appointment. Please call 818.238.5353 for information.

#### **BENEFITS ENROLLMENT PROGRAM** (by appointment)

When: 4th Tuesday of each month

Time: 2:00 p.m.

Get a free confidential screening and assistance in applying for income-eligible programs that can help you save money on health care, prescription drugs, food, or utilities.

#### **BRAILLE LOW VISION REHABILITATION VAN**

This monthly van features a wheelchair lift, LCD televisions for instructional videos, and demonstration areas for the latest low vision devices. Visitors can receive free lowvision rehabilitation consultations, learn more about Braille Institutes's Library Services, and qualified patrons can sign up to receive talking books. Please bring a referral from your eve doctor.

#### **HEARING SCREENING / TELEPHONE PROGRAM**

When: 4th Wednesday of each month

**Time:** 9:00-11:00 a.m.

An Audiologist will examine your ears, check your hearing, and if you have hearing loss, issue a form for a free amplified telephone from the California Telephone Access Program.

#### **INFORMATION PROGRAM AT JOSLYN**

When: 3rd Tuesday of each month

Time: 10:00 a.m.

Learn more about what the Joslyn Adult Center has to offer. Consists of a brief explanation of the various programs. groups, and services that are available, followed by a question and answer period and tour of the center.

#### LEGAL ADVOCATE SERVICES

When: 2nd Thursday of each month

A legal representative from Bet Tzedek (House of Justice) Legal Services is available to assist low income individuals, 55 years or older.

#### LIFE CARE PLANNING: ADVANCE DIRECTIVES

When: 2nd Friday of each month

Time: 12:30 p.m..

Cost: \$2 (free with BSAC card)

Learn how to complete an Advance Directive for health care and other pertinent forms pertaining to health care wishes.

Documents will be provided free of charge.

#### **MEDICARE ADVOCATE**

When: 1st & 2nd Wednesday. 3rd & 4th Tuesday of each month

Time: 10:00 a.m.

The Center for Healthcare Rights can assist you with information regarding Medicare, Part D, Medigaps, HMO's,

and Long Term Care Insurance.

#### **NOTARY SERVICE**

When: 3rd Wednesday of each month

Time: starting at 9:30 a.m. Cost: \$5 (free with BSAC card)

Notary Services are available for those 55+.

#### **PROJECT HOPE**

Project HOPE (Helping Others Prosper Everyday) offers various services to older adults including home visitations, transportation to and from appointments and errands, grocery shopping for participants, and companionship. services are provided by prescreened volunteers who are dedicated and compassionate individuals helping to better the lives of others.

#### **TELEPHONE REASSURANCE**

Burbank residents, who are limited in their ability to participate in outside social/recreational activities may receive a weekly phone call by a friendly, caring volunteer.



### HIKE FOR HEALTH (ADULTS 55+) 3rd Saturday of the month 10:30 a.m.

Join us at the Stough Canyon Nature Center for HIKE FOR HEALTH, our new hike for adults 55+.

See page 17 for information.

# BURBANK SENIOR ACTIVITY CARD

2016 BSAC cards are available at the Joslyn Center for \$15 (Burbank residents) and \$20 (non-residents). Cardholders receive discounts on programs/classes, at select Burbank businesses, and more.

Individuals may request a free Activity Card ("AC") to allow access to our activities, however, they will be required to pay full price for each program/class.

Scan your BSAC card when you attend activities or pay for classes/day trips.



### SPRING DAY TRIPS

The Joslyn Travel/Recreation Office offers day trips for adults 55 or older. Spring 2016 trip registration will begin on Monday, March 14, at 9:00 a.m. Priority numbers will be given out beginning at 8:00 a.m.

### **Upcoming Spring Trips**

Skirball Museum

Santa Clarita Cowboy Festival in Newhall Tour the Living Desert in Palm Springs Benedict Castle in Riverside **Huntington Library** Solvang and Chumash Casino

See our trip brochure for dates/times.

# **Burbank Senior Games** coming May 9-20

Applications available mid-March at the

Joslyn Adult Center 1301 West Olive Avenue

**Application Deadline: Friday April 29** 



#### Events include:

Cribbage Golf Horseshoes Party Bridge Pool Skip-Bo Tennis Texas Hold-Em Wii Virtual Bowling

For more information, call 818.238.5353



# IOSLYN CYBER CAFÉ

All computer users at the Joslyn Center must have a Burbank Library Card with internet access.

#### **OPEN COMPUTER LAB**

Monday-Friday, 8:15 a.m.-7:45 p.m. Saturday, 9:15 a.m.-3:45 p.m. Sunday, 10:15 a.m.-3:45 p.m.

#### ONE HOUR 1-ON-1 TRAINING (for PC only)

Tuesdays & Thursdays, 12:30-3:30 p.m.

Fee: \$5 (\$2 with BSAC)

#### **FOUR WEEK CLASSES**

(computer assessment required)

Fee: \$20 (\$10 with BSAC)

Basic Computer Class - IPAD Class - MS Word Class

#### **TECH-TIME**

Need help with a new cell phone, digital camera, GPS, iPad, Facebook, etc? Call us! Session fee is \$5 (\$2 with BSAC)

Call 818.238.5353 for information or appointments

# FITNESS / DANCE CLASSES

All Joslyn Center classes are drop-in and for those 55+. Class fees are per session. Get \$2 off with current BSAC card. For information, call 818.238.5353.

MONDAY	Oasis Walkers (outdoors) Mindfulness Meditation T'ai Chi - Intermediate T'ai Chi - Beginner T'ai Chi - Fan T'ai Chi - Long Form	1:00 p.m. 2:00 p.m.	\$2 \$2 \$5 \$5 \$2 \$5
TUESDAY	Mindfulness Meditation	8:30 a.m.	\$2
TOLODAT			
	Chair Yoga Tonic	2:30 p.m.	\$2
	Learn & Line Dance	6:16 p.m.	\$5
WEDNESDAY	Beginner Fitness	8:30 a.m.	\$2
THURSDAY	Mindfulness Meditation	8:30 a.m.	\$2
	Hula - Beginner	9:30 a.m.	\$2
	Hula - Advanced	10:15 a.m.	\$2
	Arthritis Fitness	11:30 a m	\$2
	Chair Fitness with Kaye	2:30 p.m.	\$2
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FRIDAY	Chair Exercise	8:30 a.m.	\$2
	T'ai Chi - Outdoors	9:30 a.m.	\$5
	T'ai Chi - Beginner	3:30 p.m.	\$5
SATURDAY	Ç	•	

Line Dancing Class - Ultra	Beginner	9:30 a.m.	\$4
Line Dancing Class - Begi	inner Plus	10:30 a.m.	\$4
Bala	nce Class	12:00 p.m.	\$3

Zumba Gold 1:30 p.m. \$5



If you are over the age of 60, join the Burbank Nutrition Services (BNS) for lunch! BNS is a City of Burbank lunch program that serves 3-course sit-down lunches at three convenient locations. BNS lunches are nutritious. delicious, and the perfect opportunity to meet new and long-time friends.

Meals are served Monday-Friday (except holidays) at 11:15 a.m. Reservations are recommended. Reservations are taken in person between 9:00 and 11:00 a.m. the day of lunch at the location you plan to eat at.

Ages 60+ = \$2 suggested donation (Ages 55-59 = \$4 charge)

Lunch is served at three convenient locations:



Joslyn Adult Center 1301 West Olive Avenue 818.238.5357

McCambridge Recreation Center 1515 North Glenoaks Boulevard 818.238.5365

> Tuttle Adult Center 1731 North Ontario Street 818.238.5367

#### Upcoming Events...

Spring Celebration
Thursday, March 24 - 11:00 a.m.
Mother's Day Celebration
Friday, May 6 - 11:00 a.m.
Father's Day Celebration
Thursday, June 16 - 11:00 a.m.

Special Events...

Saturday, April 9 Saturday, June 11

Please contact the Nutrition Office one month prior to the event for more information. 818.238.5357

Email: burbanknutrition@burbankca.gov

### **Home Delivery**

Burbank Nutrition Services also offers a home delivery lunch service for homebound adults 60+, living in the City of Burbank. Meals are delivered between 10:30 a.m. and 1:00 p.m. with a suggested donation of \$3.00/meal. For application, eligibility requirements or more information call 818.238.5366.

### **BURBANK BUS**

SENIOR AND DISABLED TRANSPORTATION SERVICE

Reservations 818.238.5360 Cancellations 818.238.5361

Burbank Bus Senior & Disabled Transit provides transportation service to residents age 60 or over or disabled (with doctor's certification). This service offers efficient, comfortable, and reliable transportation within the City of Burbank, seven (7) days a week. Reservations are required. Call for more information.

Metro Tap Pass Senior and Disabled Bus Pass Sales Program 818.238.5360

METRO reduced-fare senior and disabled monthly bus passes, including TAP Pass reloading: \$20.00, available to those 62 years of age or older.

Monday-Friday, 1:00 p.m.-4:00 p.m. 25th of each month through the 10th of the following month.

Burbank Transportation Service Office Joslyn Adult Center 1301 West Olive Avenue, Burbank 818.238.5360

HOW TO PREPARE FOR AND LOOK AFTER YOURSELE IN AN

## **EMERGENCY!**

Monday, April 18, 1:00 p.m.

A free 1½ hour seminar for those 55+ presented by

Eric Baumgardner
Emergency Management Coordinator
Burbank Fire Department

Joslyn Adult Center 1301 West Olive Avenue

please call 818.238.5353 to reserve a seat

